

Lighthouse Club Charity

Toolbox Talk MH13



Lighthouse Club The Construction Industry Charity

The Lighthouse Charity originated in Whitley Bay, but is now a national charity, it provides emotional, physical, and financial well being support to construction workers and their families They provide free and widely available pro active resources to support the industry.



Emergency financial aid to construction families in crisis



Advice on occupational health and mental wellbeing



Support on legal, tax and debt management matters



Mental Health in the work place

Every working day 2 construction workers take their own life, we as an industry have to educate people to understand and recognise the signs and the symptoms of our colleagues that are suffering from anxiety, depression, and stress and start conversations to assist in their recovery

The Five Step Framework

- 1 Sign the Building Mental Health Charter
- 2 Order a helpline pack and promote the free 24/7 Construction Industry Helpline to your colleagues
- 3 Deliver a toolbox talk about mental health and wellbeing in your workplace
- 4 Offer managers/supervisors the opportunity to attend mental health training
- 5 Ensure you have enough mental health first aiders trained for your workplace (recommended 1 per 100 employees)

The Construction Industry Helpline

The Construction Industry Helpline is managed and funded by the lighthouse construction industry charity and provides a 24/7 safety net for all construction workers and their families either by phone or an online app.

The app is free to download and complements the support that they offer via a 24/7 construction helpline. Key support areas include

Mental wellbeing

Covering anxiety, Depression, anger, suicidal thoughts, Sleep and building resilience

Physical wellbeing

Covering aches and pains, nutrition, weight management, Alcohol and drug addiction

Financial Wellbeing

Covering budgeting, Debt management, tax and legal advice, retirement planning and emergency

 <p>Lighthouse The Construction Industry Charity C L U B</p>	<p>Construction Industry Helpline </p> <p>UK 0345 605 1956 ROI 1800 939 122</p>	<p>Supported by</p>  
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Each section of the app offers learnings about a variety of conditions or issues, self assessment tools, coping strategies, and referral pathways to access support and expert advice

Help Inside the Hardhat

The Lighthouse Construction Industry Charity has launched its 'Help Inside The Hard Hat' scheme to raise awareness of poor mental health within the industry. They are asking people to show their support when ever they see the posters or hoardings on display to take a photo and share on social media and tag using #HelpInsideTheHardHat or #HITHH

The campaign is also being supported by the Considerate Constructors Scheme

